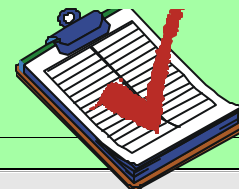


CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

November 15, 2003

NEWS BRIEFS

Great American Smokeout

Don't forget the Great American Smokeout scheduled for Nov. 20. This is a day for those who are trying to quit smoking. The Tobacco Prevention and Cessation Program will have an informational table set up all week in the first floor lobby area near the escalators in the Human Resources Complex. Employees are welcome to stop by, peruse the material available and take what they think will benefit them. If they have specific questions about tobacco cessation they can contact either Irene Centers or Jan Beauchamp at 564-7996.



TIP OF THE WEEK

Be prepared against the first blast of winter. Avoid automobile gas line freeze ups by keeping your tank greater than half full at all times. Make sure that your car has adequate antifreeze. Make sure that your tires have good traction and are inflated to the right pressure. Make sure that your heater and defroster work properly. Make sure that your battery is not more than 3 years old and that it can carry a full charge. Make sure that you have a good ice scraper.

Secretary Morgan To Retire

Secretary Marcia R. Morgan has announced she will be retiring from state government on Nov. 30.

"It's been an honor and privilege to work in the Cabinet for Health Services," Morgan said. "This agency carries out very important work every day and the citizens of Kentucky are better off because of the excellent staff in Health Services."

Morgan thanked the staff for their contributions and said her career had been enriched with her work here.

"I know the dedicated staff will continue making strides in improving the health for all Kentuckians," she said.

Morgan was appointed secretary of the Cabinet for Health Services effective Aug. 31, 2001, after serving as acting secretary. She had served as deputy secretary of the Cabinet since

April 1999 and was named acting secretary in March 2001. Prior to that she was the executive director of the Cabinet's Office of Program Support for three years and administered budget, personnel, contracts, technology, and fiscal operations.

Morgan began her state government career with the Kentucky Heritage Council. She has worked in the Natural Resources and Environmental Protection Cabinet, Office of the General Counsel; the Workforce Development Cabinet; and as assistant deputy attorney general for administration in the Office of the Attorney General.

A reception honoring Morgan will be held on Thursday, Nov. 20, from 2-4 p.m. in the 2nd Floor Board Room in the Health Services Building.



A Message from Secretary Morgan

Strategic Planning Team Presents Updated Plan

The Cabinet's Strategic Planning Team members have moved smoothly and swiftly through the update of our Cabinet-wide Strategic Plan, thanks to the dedicated members of our staff and management support. Our updated plan was developed by the planning team representing all agencies and programs within the Cabinet, and has been submitted, along with our annual progress report, for approval to the Office of the State Budget Director.

This strategic plan is designed to guide our work for the next two years. Agency and Cabinet budget staff have worked diligently on the development of a budget for fiscal years 2004-2006

that will provide the necessary funding for us to work toward pursuit of these goals, and in turn, those in leadership roles will begin to make decisions based on the strategic direction we have identified. We ask now that you familiarize yourself with our Values, Vision, Mission, Goals, Objectives, Performance Indicators, and our Benchmarks and give thought to how your assigned duties will contribute to our successes.

Thanks to all for your participation and enthusiasm. Together, we can create a brighter and healthier future

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"...promoting and safeguarding the health and wellness of all Kentuckians."

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for all Kentuckians.

We have identified as our core values:
“Commitment to Excellence Respect for Self and Others Encourage Innovation Accountability for Actions Service with Integrity”

We have identified our vision:
“Be a leader in promoting and achieving the nation’s highest level of health and wellness for all Kentuckians.”

And, we have stated our mission:
“Our mission is to promote and safeguard the health and wellness of all Kentuckians through proactive leadership and in partnership with stakeholders.”

Goal #1: Improve the health status of all Kentuckians across their lifespan.

Objective #1.1 Reduce behavioral and other factors that contribute to the development of disability and disease as identified in Healthy Kentuckians 2010.

Performance Indicator: Percent of increase in the proportion of Kentuckians who engage regularly in physical activity for at least 20 minutes three times a day

Benchmark: 1998 BRFSS data indicates that 70.1% of Kentuckians do not regularly engage in physical activity for at least 20 minutes three or more times a day

Actual: 2001 data indicates that 89.1% of adult Kentuckians do not participate in regular physical activity

Performance Indicator: Reduction in obesity and the instance of overweight

individuals to a prevalence of no more than 18% among Kentuckians ages 18 and older

Benchmark: 1998 BRFSS data indicates that 58.1% of adult Kentuckians were overweight (BMI greater than or equal to 25)

Actual: 2001 BRFSS data indicates that 62.1% of adult Kentuckians are overweight

Performance Indicator: Decrease in the proportion of adults (age 18 and over) who use tobacco products

Benchmark: 1998 BRFSS data indicates that 30.8% of adult Kentuckians smoke cigarettes, 5.5% smoke cigars, and 3% use smokeless tobacco

Actual: 2001 BRFSS data indicates that 30.9% of adult Kentuckians are smokers and 4.9% are current smokeless tobacco users (Data regarding cigar use is no longer collected within the BRFSS)

Objective #1.2 Reduce the incidence and consequences of injuries and violence.

Performance Indicator: Percentage of reduction in deaths caused by unintentional injuries

Benchmark: 1999-2000 CDC data indicates 53.6 deaths among adults caused by unintentional injuries per 100,000

Actual: 2001 CDC data indicates that 36.4 deaths per 100,000 are caused by unintentional injuries

Performance Indicator: Percentage of increase in the use of safety belts and child safety restraints

Benchmark: BRFSS data indicates that 69% of adult motor vehicle occupants used safety belts and 61% used child restraints

Actual: 2002 data indicates that Kentucky’s seat belt usage is 62% among adults. Most recent child restraint data for 2000 from the Kentucky Transportation Center indicates that child restraint usage is 89%

Performance Indicator: Decrease in the suicide rate

Benchmark: 1998 BRFSS data indicates that 12.7% of deaths in Kentucky were attributed to suicide

Actual: 2000 CDC data indicates that 13.07% percent of all deaths in Kentucky are attributed to suicide

Performance Indicator: Increase in identification and referral to appropriate services for victims of rape and sexual abuse

Benchmark: According to 1999 data from the Rape Crisis Centers, in FY 1999, 8,135 victims of rape or sexual abuse received services

Actual: 8,279 victims were treated during FY 2002

Goal #2: Improve the individual well being of Kentuckians most in need.

Objective #2.1 Increase the proportion of older Kentuckians who stay active and healthy.

Performance Indicator: Percentage increase in the number of older Kentuckians who receive flu and pneumonia immunizations

Benchmark: BRFSS data indicates that in 1999, the influenza immunization rate was 68.4%

Actual: BRFSS data for 2001 indicates the influenza immunization rate was 60.9%

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Objective #2.2 Increase the independence and quality of life of the elderly and persons with disabilities, including those with long-term care needs.

Performance Indicator: Increase in the proportion of people with severe, persistent mental disorders who use community-based support programs

Benchmark: During FY 1999, 20,449 persons with serious mental illness were served, or 73% of the eligible population

Actual: Over the time period from 1998-2003, there was a 52% increase in the penetration rate for children with severe emotional disabilities and for the same time period, a 37% increase in penetration for adults with severe mental illness.

Objective #2.3 Promote institutional and community based services so that citizens have a choice of and access to an array of services.

Performance Indicator: Maintain or increase the number of community based opportunities for individuals with disabilities

Performance Indicator: Maintain institutional services at a level to meet objective identified need

Benchmark: In 1998, 1102 recipients were served

Actual: Because of increased funding, the number of individuals receiving services through the Supports for Community Living Waiver (SCL) has doubled since 1998. In 2004, 2682 recipients will receive services through the SCL Program.

**Future patients served within the SCL program is contingent upon receiving additional funds

Performance Indicator: Maintain institutional services at a level to meet objective identified need

Benchmark: 90.3% occupancy rate during FY 2001

Note: These data reflect information from almost 90% of all certified facilities, since not all facilities are surveyed by state agencies during a calendar year. In 2001, 14,997 facilities were surveyed out of approximately 17,000 total certified facilities.

Actual: Data for FY '02 is not yet available

Goal #3 Encourage the optimal health and development of each Kentucky child.

Objective #3.1 Improve the development and learning readiness of pre-school children.

Performance Indicator: Percent reduction in low-birth rate babies born annually

Benchmark: 6.4%

Data Source: Kentucky Vital Statistics Birth Registry

Actual: Most recent data for FY 2001 indicates a rate of 8.3%

Performance Indicator: Percent reduction in instances of teenage pregnancy

Benchmark: 68.9 per 1000 live births (1998)

Actual: Most recent CDC data for FY 2001 indicates that 51.4 per 1000 live births are to teenage mothers

Performance Indicator: Percent reduction in the number of pregnant women who use tobacco, drugs and/or alcohol

Benchmark: 75% of women abstained from smoking during

CHS Meets Last Year's KECC Total

The Cabinet for Health Services has raised as much as it did last year for the Kentucky Employees Charitable Campaign by raising \$93,017.

The statewide effort had raised more than \$1,165,000 as of Nov. 14.

CHS was among nine agencies recognized for raising more than it did the previous year.

Inspector General Pam Murphy and her assistant Terri Rodgers led the CHS effort this year.

"Once again CHS employees have shown how much they care about the people we serve," CHS Secretary Marcia Morgan said. "Congratulations to the CHS staff for meeting its goal and helping needy Kentuckians."



"We hope to meet our goal in these last few weeks," Murphy said. "I want to thank all the CHS employees who have worked so hard to make this a successful effort this year."

Anyone interested in making a contribution to call her office.



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pregnancy during 1999

During FY 2002, 426 pregnant and post partum women accessed substance abuse treatment services through the Community Mental Health Centers (CMHC's)

Actual: 76% of women abstained from smoking during pregnancy during 2001.

In FY 2003, 531 pregnant or post partum women accessed substance abuse services through the CMHC's

Objective #3.2 Increase the percentage of children and families receiving preventive child health services

Performance Indicator: Increase in participation rates of the services offered by the KIDS NOW program (hearing screenings, vision screenings, HANDS, day care, folic acid, etc.)

Benchmark: Immunization rate of 77% for 2001

Universal Newborn Hearing penetration rate was 45,017 children or 98.83% of infants screened

Entry into prenatal care during the first trimester: 85.5% (1998 data)

HANDS program served 3,800 families during FY 2001

During FY 2001, 43,500 women have received folic acid supplements and nutritional counseling
77 licensed childcare centers participated in the STARS program during FY 2001

Actual: Immunization rate for 2002 was 81%, 3.8 points above the national average

As of the first quarter of FY '03, 12,727 children have been screened
8,789 families accessed services through the HANDS program during FY '03

During FY '02, 110,623 women received folic acid supplements and

nutritional counseling

During FY 2003, 525 Star Rated Centers and 86 Star Rated Family Child Care Homes received STAR ratings

Goal #4 Maximize resources to further the health and well being of all Kentuckians.

Objective #4.1 Enhance the use of information technology in service delivery.

Performance Indicator: Number of shared systems operating

Benchmark: Five shared systems operating

Actual: Eleven shared systems operating

Objective #4.2 Maximize the use of fiscal resources in support of the Cabinet's mission.

Performance Indicator: Percentage increase in external (non-general state fund) dollars

Benchmark: IGT Funding: \$160 M (SFY 2002)

Federal Grant Funding: 144 grants awarded with expenditures totaling \$205.5M (FY '02)

Actual: IGT Funding of \$94.1M for FY '03 and
161 grants awarded with expenditures totaling \$236.3M during FY '03

*Note: These grants do not include Federal Medicaid dollars

Objective #4.3 Improve quality, access, and accountability.

Performance Indicator: Standards established by each department and office

Benchmark: Standards established by all offices/departments

Actual: In Progress

Objective #4.4 Foster and retain a skilled workforce.

Performance Indicator: Percentage increase in minority and women in management positions

Benchmark: Minority Baseline: 7.51%

Females with the job category "Officials and Administrators": 52.42%

Actual: During the time period of January 1, 2003 to June 30, 2003, the Cabinet's numbers reflect a slight reduction in minorities at 12.12% and 70.65% for females. As for the job category "Officials and Administrators", the Cabinet exceeded the goal as to females with 64.07% but was below the goal for minorities at 5.76%

*Note: Decrease in the percentage of minorities can in part be contributed to the enactment of the Commonwealth's Attrition Plan.

Performance Indicator: Percentage increase in overall employee satisfaction

Benchmark: 40% of CHS survey respondents report they are satisfied with their jobs

Actual: 2003 was the first year the Cabinet conducted a Cabinet-wide employee satisfaction survey; therefore CY '03 is established as the benchmark year.



Forty CHS Employees Complete GSC Management Programs

In an awards ceremony on November 6, state employees who completed two management programs offered by the Governmental Services Center were recognized.

Several CHS employees were among those who completed the Kentucky Certified Public Managers program (CPM) or were awarded a Certificate of Management Fundamentals (CMF).

The 2003 Kentucky Certified Public Managers graduates are: Betsy Dunnigan, James Everman, and Tihisha Rawlins.

The 2003 Certificate of Management Fundamentals recipients are: Rebecca Amburgey, Deborah Basemore, Anita Bryant, Loretta Cain, Karen Cline, Randy Compton, Robin Cotton, Lyriss Cunningham, Colette Downs, Lorraine



Kevin Lightle, Director, Mental Retardation Division; CHS KCPM graduates Betsy Dunnigan; James Everman; Tihisha Rawlins; Margaret Pennington, Commissioner, Mental Health Mental Retardation

Dumas, Karim George, Pat Greer, Ralph Greer, Gregory Johnson, Mark Keene, Rhonda Lucas, Lora Mayfield, Vicki Newton, Owen Nichols, Shaun Orme, Larry Ott, Sharon Perl, Marilyn Phillips, Antionette Pope, Heather Richardson, Karen Rundall, Andrew Smith, Barbara Sprouls, Kim Travis, David Mark Walls,

Mary Walker, Marsha Walters, Ann Wells, Isiah White, Jodie Wild, Louella Williamson, and Gina Woods.

The Kentucky CPM program, of which the CFM is the first phase, is one of 20 nationally accredited public management programs in the United States. The programs are geared toward managers of people, programs and projects or those individuals who demonstrate outstanding potential. The workshops cover such topics as process improvement, strategic planning, improving relationships at work, and organizational diagnostic tools and techniques.

For more information about the CMF or CPM, contact Kathy Wade at 502/564-8170.



Central State Hospital Focuses On Better Health And Wellness

Central State Hospital clinical dietitians and food service staff are working with patients, families, and employees to incorporate wellness concepts and practices into the mental health recovery process.

A November "Kick-off for Better Health" to is planned to highlight this new effort. The focus is on wellness with an emphasis on increased activity, nutrition education, developing and maintaining healthy eating habits, health issues, and coping with side effects of perceived hunger from many of the atypical antipsychotic medications.

When patients are admitted to the hospital they receive an individualized nutrition assessment that is tailored to

their specific needs and nutrition goals. Dietitians meet with each patient to discuss food habits, preferences, allergies, and intolerances. This information along with current height, weight, body frame size and overall health status is used to establish a prescribed diet for use during the patient's stay at CSH. Modifications are made as necessary.

The USDA recently released new statistics reflecting that 64 percent of Americans are overweight. In addition, data shows that obesity is two to three times more prevalent in people who have a mental illness. Research indicates that while new generation antipsychotic medications help treat mental illness, some side effects

include weight gain, altered glucose metabolism, and cardiovascular disease. Therefore, it is important to implement wellness initiatives that prevent weight gain when starting antipsychotic therapy.

Obesity is closely associated with several chronic diseases including type 2 diabetes, hypertension, and high cholesterol. According to the National Center for Health Statistics, 65 percent of overweight and obese adults have at least one of these chronic diseases and 27 percent have two or more. For more information on nutrition and related health issue, visit www.usda.gov.



The CHS Checkup is a newsletter for employees of the Kentucky Cabinet for Health Services. Please direct contributions or comments to the Office of Communications, 502-564-6786. View newsletters at the CHS website at: <http://chs.state.ky.us/> Printed with state funds.

